

THE 1938 "DAILY DOZEN" FOR BOYS AND MEN



THE CENTRAL COUNCIL OF
RECREATIVE PHYSICAL TRAINING

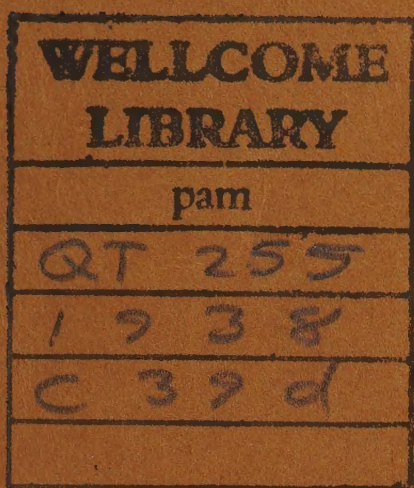
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KEEPING FIT

There is an old saying that the more we have to do the more we like it, and the better able we are to do it.

It is also a truism that the less we have to do the less we want to do, and the less able we are to do it.

To this should be added "inactivity leads to deterioration."

The internal organs are vitally important and are affected by movements which at first seem to be merely for the outside of the body.

An internal combustion engine is somewhat like the human body.

If the parts of a machine are not properly tempered, or if grit gets in amongst them, these break down.

If we use poor or dirty petrol the motor runs inefficiently.

We take great care of such things ; we should take even more care to ensure that our various organs are treated properly so that they will work well.

Otherwise :—

Joints get like rusty hinges,
Muscles flabby,
Breathing shallow,
Digestion troublesome,
Excretion irregular or unsatisfactory,
Nerves irritable or dull.

“ Keeping fit ” involves all the organs of the body if we are to have life and have it abundantly.

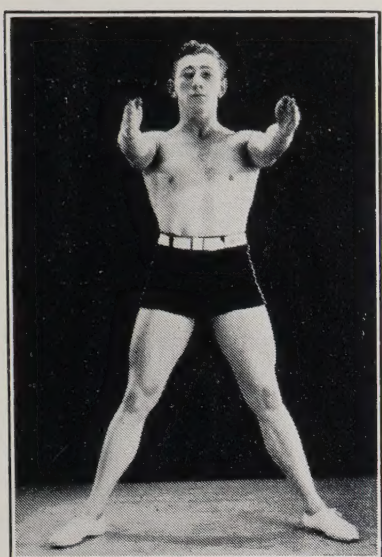
The following exercises aim at making the tissues healthy so that they will function properly.

Throughout all the movements the breathing should be *free and unrestricted* and through the nose, during both the inspiration and expiration.

A convenient rhythm should be adopted for all exercises.

Each exercise has a beginning, and an end. Show both these clearly.

Exercise 1—Effects



This exercise strengthens the ankle, knee and hip joints together with the muscles of the calf, thigh and hip.

The arm swinging draws the shoulder-blades back and expands the upper chest.

Fig. 1

The head turning makes the neck supple and strong.

The general carriage of the body is improved and a lively circulation of blood is set up.

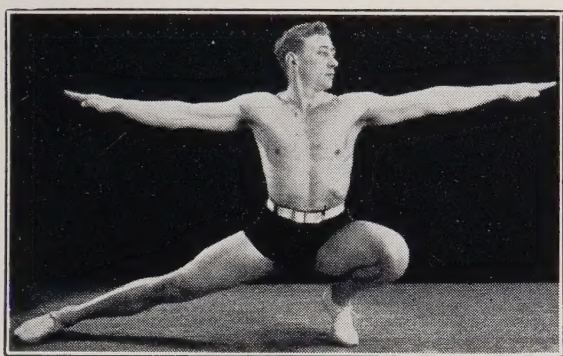


Fig. 2

EXERCISE 1

START AS IN FIG. 1

1. *Bend the left knee, swing arms apart and turn head to the left. Fig. 2.*

2. *Stretch left knee, swing arms forward and turn head to front.*

3. *Bend right knee, swing arms apart and turn head to right.*

4. *Stretch right knee, swing arms forward and turn head to front.*

Repeat six times and finish in standing position.

NOTE.—Keep feet still.

Exercise 2—Effects

This exercise improves the muscles of the waist, chest and spine.

Digestion and excretion are assisted and breathing is improved by the increasing action of the ribs.

The arm movement helps to correct the carriage of the shoulder-blades.

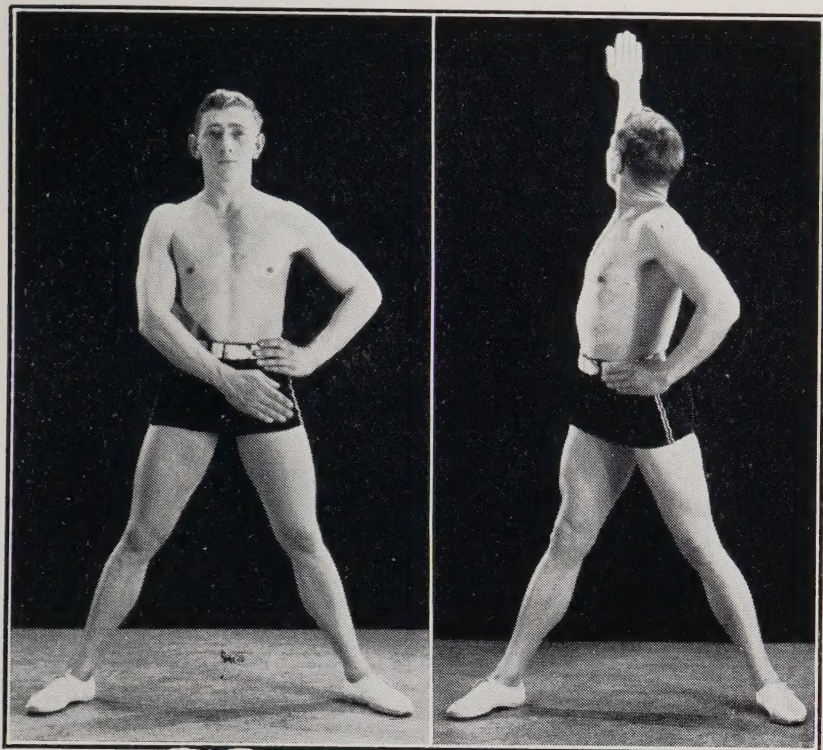


Fig. 3

Fig. 4

EXERCISE 2

START AS IN FIG. 3

1. *Turn trunk to the right and swing right arm obliquely upward looking up to hand. Fig. 4.*

2, 3 and 4.

Repeat movement three times and change.

5 to 8.

Repeat to opposite side.

Repeat six times left and right and finish in standing position.

NOTE.—*Keep feet still and knees straight.*

Exercise 3—Effects

This exercise stretches the muscles of the chest and develops those of the back.

The movement of the ribs facilitates breathing.

The upper part of the spine is straightened and the movement is corrective for round shoulders.

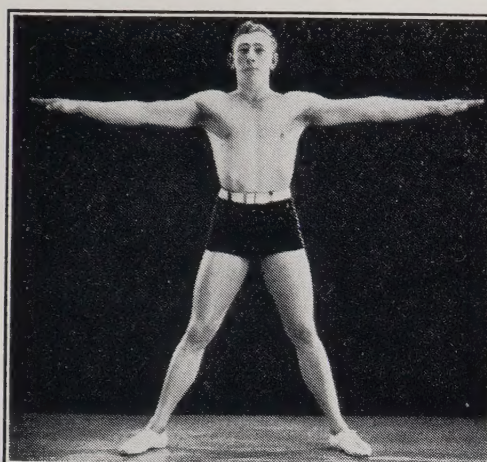


Fig. 5

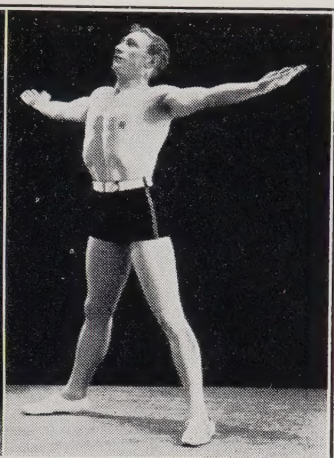


Fig. 6

EXERCISE 3

START AS IN FIG. 5

1. *Lift the chest keeping the chin in and turn the palms of hands upwards at the same time breathing in. Fig. 6.*

2. *Return to first position breathe out.*

Repeat six times and finish in standing position.

Exercise 4—Effects

Trunk bending forward compresses the contents of the abdomen and affects their circulation.

In this way it aids digestion and excretion.

The arm movement develops the arms, shoulders, chest and back and improves their joints.

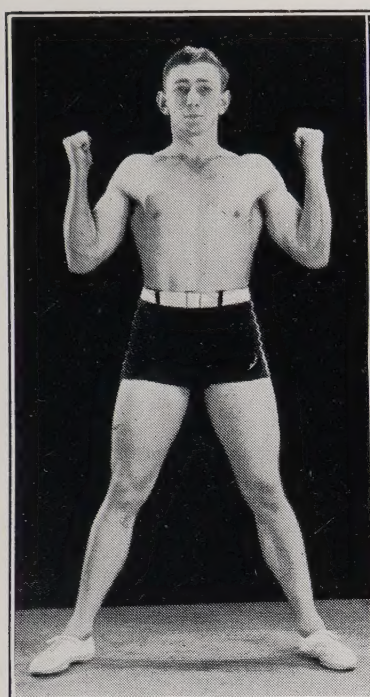


Fig. 7

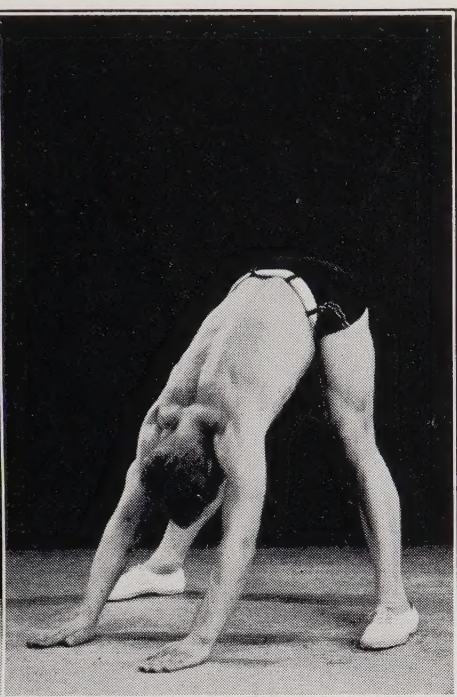


Fig. 8

EXERCISE 4

START AS IN FIG. 7

1. *Bend trunk forward and downward and stretch the arms, hands to floor ; keep knees straight. Fig. 8.*

2. *Stretch the trunk upward and bend arms as in Fig. 7.*

3. *Stretch arms upward.*

4. *Bend arms. Fig. 7.*

Repeat six times and finish in standing position.

Exercise 5—Effects

This exercise is useful to counteract flat feet.

It strengthens and develops the muscles on the outer and inner side of the legs. It improves the structure and suppleness of the hip joints and develops the insteps.

Owing to the large muscle groups involved, it stimulates circulation and breathing, and is invigorating.

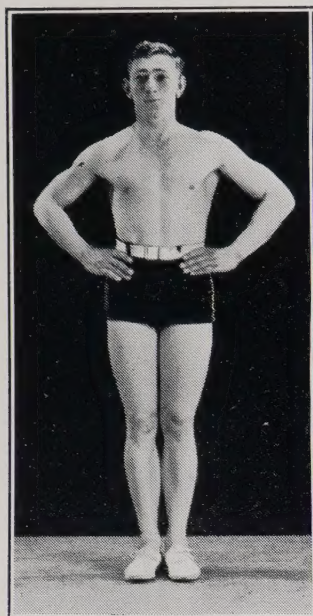


Fig. 9

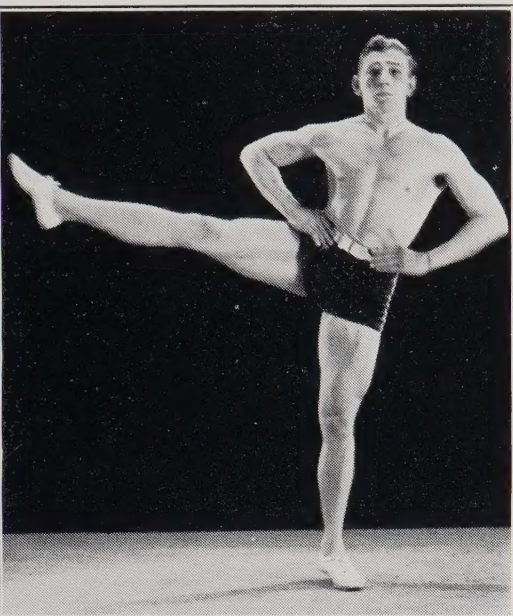


Fig. 10

EXERCISE 5

START AS IN FIG. 9

Hop on the right foot and swing left leg sideways. Fig. 10. Change and hop on the left foot and swing right leg sideways.

Repeat six times, finishing in standing position.

If inconvenient, omit hopping and swing leg sideways whilst raising heel of standing foot.

Exercise 6—Effects

RELAXING

To shorten a muscle you send it a nerve-message; to keep it tense you go on sending more. If you are always slightly tensed you are wasting energy.

Practise relaxing all your body from face to feet once a day. Also during the day, relax one part at a time, wrist shoulder, ankle, etc.

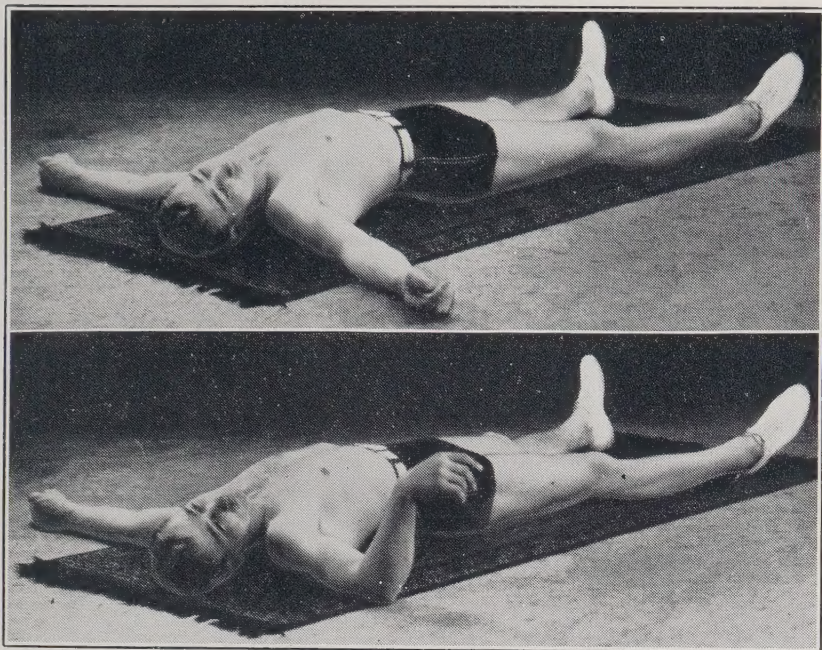


Fig. 11 (above)

Fig. 12 (below)

When bending an elbow, if you tense the muscles for stretching it, you work against yourself. Use the muscles you need and no others. Your movements will then have grace and power.

EXERCISE 6

1. *Droop down on floor as in Fig. 11.*
2. *Roll head to one side, leaving it awhile, then to other side. Repeat two or three times.*
3. *Bend an elbow, hand drooping at wrist. Let arm drop. (It then lies loose.) Forget it. Repeat with other arm. Fig. 12.*
4. *Turn one foot inward, then outward (whole leg loose). Repeat other foot.*
5. *Smile! Relax face muscles. Close eyelids lightly; think of nothing. Remain for 30 seconds.*
6. *Turn over to "all fours" stand up straight. Take three quiet breaths.*

Exercise 7—Effects

This is a strong exercise for the muscles at the sides of the body.

When bending over, the ribs of the upper side spread apart and the chest is widened allowing freedom for the lungs to work. Being alternately compressed and stretched the internal organs are affected in a pump-like manner and their circulation stimulated.

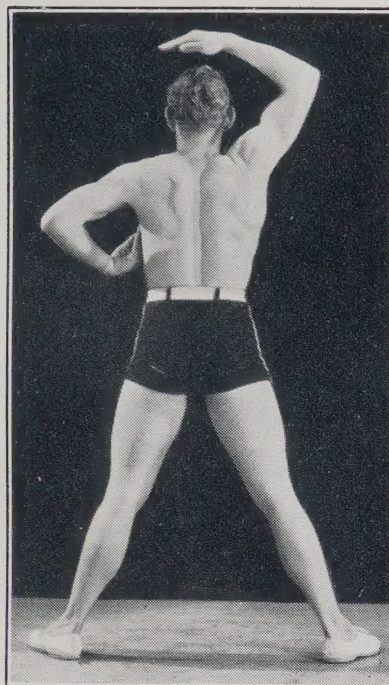


Fig. 13

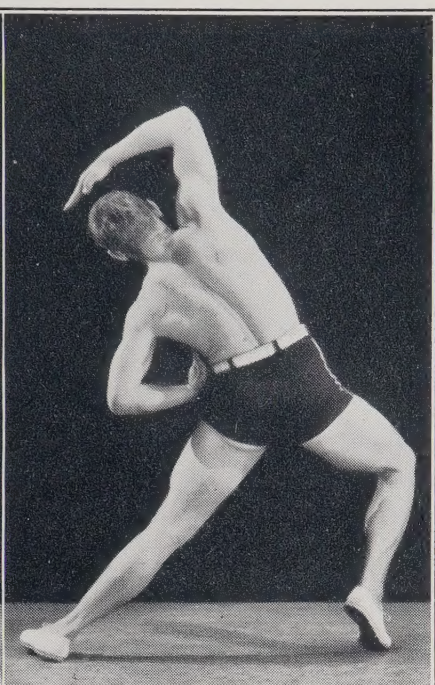


Fig. 14

This assists the flow of blood through these organs and aids their functions.

EXERCISE 7

START AS IN FIG. 13

Raise heel and bend right knee and bend trunk to left, slackening slightly and press further over four times. Fig. 14.

After making four presses to left change position, bending left knee and make four presses to right. Repeat six times and finish in standing position

NOTE.—*Always bend away from raised arm.*

Exercise 8—Effects

The bending forward stretches the muscles at the back of the thigh.

The squeezing of the contents of the abdomen aids digestion and excretion; the latter is *most* important. The waist muscles are also improved and the general circulation of blood through the internal organs is stimulated.

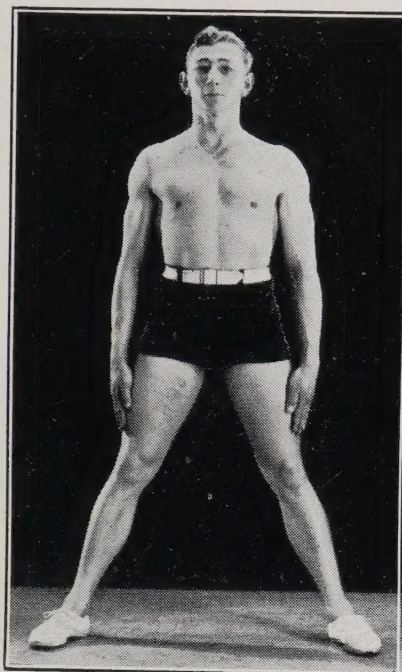


Fig. 15

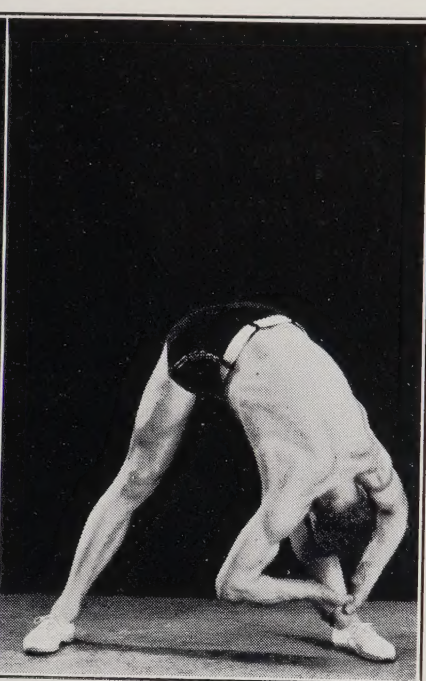


Fig. 16

EXERCISE 8

START AS IN FIG. 15

1. *Bend over left knee grasping ankle with both hands. Fig. 16.*

2, 3 and 4. *Slacken slightly and then press downward with body; do this three times pulling with hands.*

Repeat to opposite side.

Repeat six times and finish in standing position.

Exercise 9—Effects

This exercise develops the tissues of the legs and makes the knee and hip joints supple.

The alternate extension and contraction of the abdominal muscles has a stimulating influence on the digestive and excretory organs.

It also assists the circulating of blood through the liver.

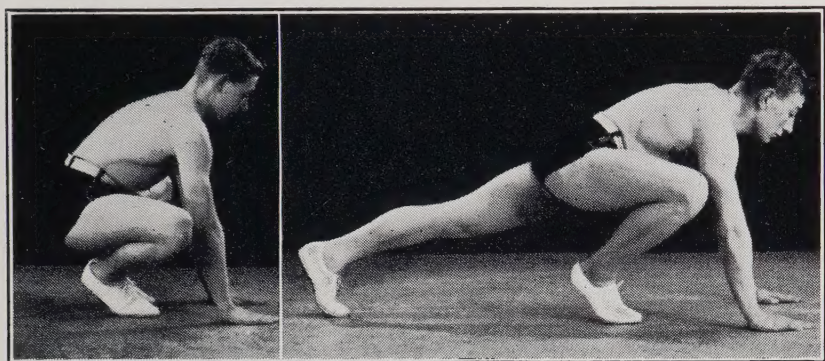


Fig. 17

Fig. 18

EXERCISE 9

START AS IN FIG. 17

1. *Stretch left leg backward.*
Fig. 18.

2. *Change position of legs (bend left and stretch right leg. Back knee must be straight).*

Repeat six times and finish in standing position.

Exercise 10—Effects

This is a strong exercise for the muscles of the back.

It counteracts round shoulders and flat chest.

Posture is improved.

Breathe freely throughout.

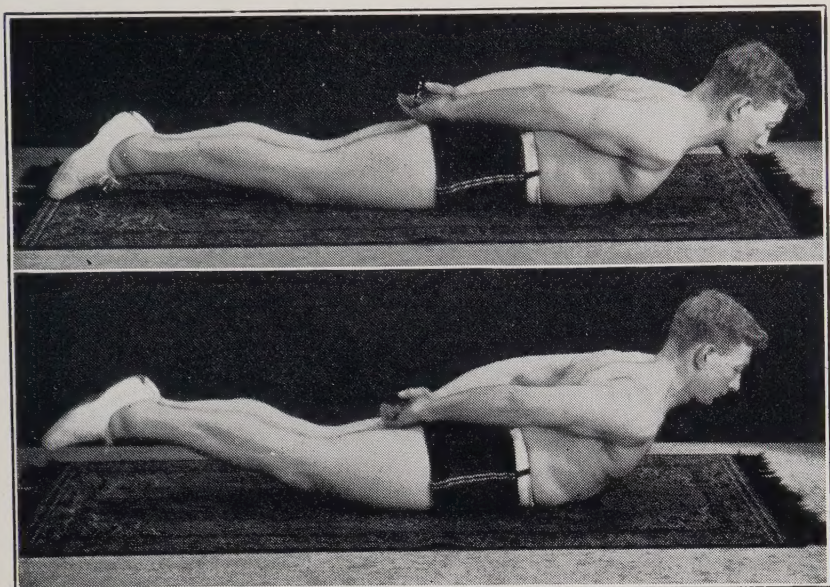


Fig. 19 (above)

Fig. 20 (below)

EXERCISE 10

START AS IN FIG. 19

1. *Lift the body (keeping chin in) and simultaneously raise legs. Fig. 20.*

2. *Return to starting position.*

Repeat six times.

Breathe freely throughout.

Exercise 11—Effects

This exercise stretches the muscles at the knee and hip joints and makes these joints supple.

It also produces a strong compression on the abdominal organs and aids digestion and excretion.

The general circulation of blood is improved.

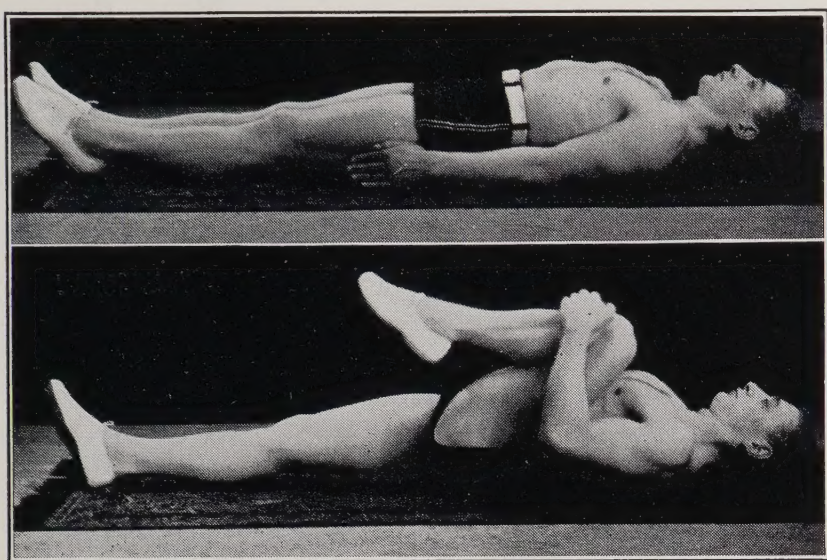


Fig. 21 (above)

Fig. 22 (below)

EXERCISE 11

START AS IN FIG. 21

1. *Bend knee and grasp it with both hands ; then pull thigh against abdomen three or four times. Fig. 22.*
2. *Return to starting position.*
3. *Repeat with other leg.*

Repeat left and right six times ; finish lying relaxed ; take three deep breaths.

STANDING

Standing straight up, bones should balance one on another, shins, thighs, hips, spine and head resting on parted feet ; as little muscle work as possible. Ankle, hip and top neck-joint in one upright line ; nothing tense ; whole front of body free for breathing. Fig. 23.

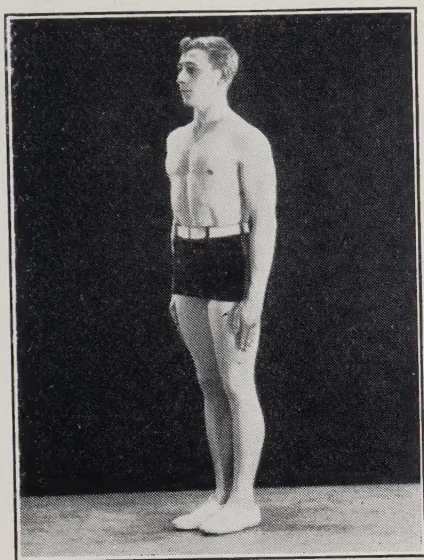


Fig. 23

WALKING

Walking is merely falling forward. Lean forward from ankles till you begin to fall. Place one foot under your weight. With back foot, push with toes, stretching the ankle well, bring leg forward to take weight, swinging opposite arm to aid balance. The head keeps level (not rocking from side to side or bumping at each step). Walk evenly and smoothly. Fig. 24.

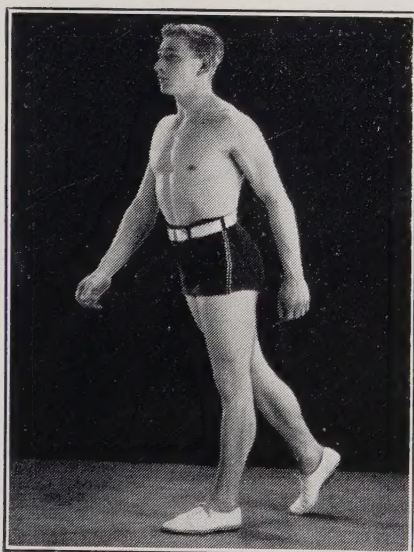


Fig. 24

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